

Challenge yourself – Join our virtual challenge week

Challenge	Adaption	Equipment
Egg & Spoon race	Move around the obstacles, walking in a straight-line at a slow speed while balancing your object on the spoon	Egg/ Potato Spoon Choose one obstacle to move around Buckets Bottles of Water Cans of Tinned Food Books Chairs
Let's hit the Target	In a seated position try and score your ball into the basket You must move the basket further away from you each time	Ball Target (Choose 1) Washing Basket Dustbin Deep Saucepan Cardboard Box
Can you 'Keep It Up'?	Can be done in a seated position or sanding up Using your object how long can you keep it up without touch the floor	Ball/ Balloon Stop Watch Flat Object (Choose 1) Book Frying Pan Tennis Racket Palm of Hand
Can you 'Bowl'?	Can be done in a seated position or standing up using our ball how can water bottles can you knock down each time?	Ball Bowling Pins (Choose 1) Water Bottles x6 Toilet Roll x6 Cans of Tinned Food x6
Get That Goal	Using your ball can you score a goal? You can move the goal or you can move goal posts further apart and stand closer before kicking the ball	Ball Goal Posts (Choose 1) Toilet Roll x2 Water Bottles x2 Cans of Tinned Food x2 Pair of Shoes Books x2



Instruction Sheet

Egg & Spoon

1. Make sure to have a clear space.
2. Gather needed objects.
3. Place out obstacles with a safe distance between them.
4. Place egg or potato on to your spoon.
5. Practice walking in a straight line with the egg and spoon.
6. Begin walking out and around the first obstacle
7. Continue on until you reach the end of the course.
8. Do the same back the opposite way.
9. Repeat as many times as you are comfortable.





Hit the Target

1. Make sure to have a clear space.
2. Gather the materials needed.
3. Set up your target.
4. Pick your starting level.
5. Get into starting position.
6. Practice underarm swing.
7. Throw the ball to the target 10 times.
8. Your score is the number of times the ball lands in the target.



Keep It Up

1. Find a clear space
2. Gather the needed objects
3. Set the stop watch for 30 seconds
4. Count how many times you hit the ball or balloon
5. Move on to the next level
6. Set stop watch for 60 seconds
7. Count how many times you hit the ball or balloon
8. Your score is the number from both rounds



Bowls

- 1.** Find a clear space
- 2.** Gather the needed materials
- 3.** Set up the pins in a row of 3, 2 and 1
- 4.** Step back from the pins
- 5.** Practice underarm throw
- 6.** Throw the ball lightly to hit the pins
- 7.** Continue this until all pins are knocked
- 8.** Repeat as many times as you would like



Get that Goal

- 1.** Find a clear space
- 2.** Gather the needed materials
- 3.** Get up your goal
- 4.** Place the 2 objects in line with each other spaced out
- 5.** Pick your starting level
- 6.** Move back the number of steps from the goal
- 7.** Lightly kick the ball towards the goal
- 8.** Once the level is complete move on to the next level
- 9.** Repeat as many times as you would like

